

RECREATION CENTER Aquatics Schedule

Schedule is also online at:
www.rootedinfun.com/Aquatics

Leisure/Play Pool Schedule subject to change without notice.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT ONLY OPEN SWIM <i>(kids allowed)</i>	5am-10am *10am-5pm 5pm-7:15pm 7:15-9pm	5am-10am *10am-9pm	5am-10am *10am-5pm 5pm-7:15pm 7:15-9pm	5am-10am *10am-9pm	5am-10am *10am-6pm	7-10am *10am-7:30pm	*10am-7:30pm

*Water features are turned on at 11 am everyday.

Slide Hours

Monday/Wednesday
4:00-5:00pm & 7:15-8:00pm

Tuesday/Thursday
4:00-8:00pm

Friday
4:00-6:00pm

Saturday/Sunday
12:00-7:30pm



Aqua Exercise Class Schedule

■ Located in Lap Pool

■ Located in Leisure Pool

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM		Aqua Kickboxing* 6:00-7:00am Jeanie		Aqua Kickboxing* 6:00-7:00am Jeanie			
7:00AM	River Walking 7:15-8:15am Sheila	Deep Water Aqua Exercise* 7:00-8:00am Jeanie	River Walking 7:15-8:15am Sheila	Deep Water Aqua Exercise* 7:00-8:00am Jeanie	River Walking 7:00-8:00am Jeanne		
8:00AM	Aqua Zumba 8:00-8:45am Marta	Aqua Exercise 8:00-9:00am Marta	Aqua Zumba 8:00-8:45am Marta	Aqua Exercise 8:00-9:00am Marta	Aqua Zumba 8:00-8:45am Marta	Aqua Kickboxing / Zumba 8:00-9:00am Alice	
9:00AM	Aqua Exercise 9:00-10:00am Alice	Aqua Exercise 9:00-10:00am Sheri Aqua Tai Chi 9:05-9:50am Marta River Walking 9:15-10:15am Sheila	Aqua Exercise 9:00-10:00am Alice	Aqua Kickboxing 9:00-10:00am Alice River Walking 9:15-10:15am Sheila	Aqua Exercise 9:00-10:00am Sheri		
10:00AM	Aqua Exercise 10:15-11:00am Alice Aqua Exercise 10:30-11:30am Sheri	Aqua Exercise 10:15-11:00am Alice	Aqua Exercise 10:15-11:00am Alice Aqua Exercise 10:30-11:30am Sheri	Aqua Exercise 10:15-11:00am Alice	Aqua Exercise 10:15-11:00am Sheri Deep Water Aqua Exercise 10:30-11:30am Alice		Aqua Fit 10:30-11:30am Jeanie
4:30PM		Aqua Exercise 4:30-5:30pm Barb H.		Aqua Exercise 4:30-5:30pm Barb H.			
5:30PM			Aqua Exercise 5:30-6:00pm Alice				

*High-intensity class, requires more advanced fitness level than traditional aqua exercise classes.



Lap Lanes Available Schedule subject to change without notice.

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	8 <small>(5-9am)</small>	6 <small>(5-6:30am)</small>	8 <small>(5-9am)</small>	6 <small>(5-6:30am)</small>	8 <small>(5-9am)</small>	Closed	Closed
6:00AM		8 (6:30-8am)		8 (6:30-8am)			
7:00AM		4 <small>(8am-12pm)</small>		4 <small>(9am-12pm)</small>		4 <small>(8am-12pm)</small>	
8:00AM	4 <small>(10am-12pm)</small>						
9:00AM	4 <small>(9am-12pm)</small>	4 <small>(8am-12pm)</small>	4 <small>(9am-12pm)</small>	4 <small>(8am-12pm)</small>	4 <small>(9am-12pm)</small>	4 <small>(8am-12pm)</small>	4 <small>(10am-12pm)</small>
10:00AM							
11:00AM							
12:00PM	8 (12-1pm)	8 (12-1pm)	8 (12-1pm)	8 (12-1pm)	8 (12-1pm)	8 (12-1pm)	8 (12-1pm)
1:00PM	4 <small>(1-3pm)</small>	4 <small>(1-3pm)</small>	4 <small>(1-3pm)</small>	4 <small>(1-3pm)</small>	4 <small>(1-3pm)</small>	4 <small>(1-7:30pm)</small>	4 <small>(1-7:30pm)</small>
2:00PM							
3:00PM	2 <small>(3-9pm)</small>	2 <small>(3-9pm)</small>	2 <small>(3-9pm)</small>	2 <small>(3-9pm)</small>	2 (3-6pm)	4 <small>(1-7:30pm)</small>	4 <small>(1-7:30pm)</small>
4:00PM							
5:00PM							
6:00PM							
7:00PM							
8:00PM	Closed	Closed	Closed	Closed	Closed	Closed	Closed



Diving Board & Lap Pool Open Swim

Saturday
1:00-5:45pm

Sunday
1:00-5:00pm

Hot Tub

Monday-Thursday
5:00am-9:00pm

Friday
5:00am-6:00pm

Saturday
7:00am-7:30pm

Sunday
10:00am-7:30pm

Steam Room & Sauna

Monday-Thursday
5:00am-9:45pm

Friday
5:00am-6:00pm

Saturday
7:00am-7:45pm

Sunday
10:00am-7:45pm



Recreation Center
4005 Kipling St
Wheat Ridge, CO 80033

(303) 231-1300

www.rootedinfun.com

PLEASE NOTE:

- Children 5 & under must be accompanied by an adult in the water and within arms reach at all times.
- Children 3 & under must wear a swim diaper - no exceptions.
- We will make every attempt to maintain two lap lanes during all open swim times.

Updated: 10/26/18